



Diet Guidelines for Kidney Yin Deficiency

The Kidney organ network in Traditional Chinese Medicine (TCM for short), not only includes our bodies' ability to eliminate wastes through the urine, but also includes the overall reserves stored in our bodies.

A diagnosis of Kidney Yin deficiency means that the reserves that moisten and nourish the body are weakened and unable to perform their functions. A diet that includes enriching and building foods can help to preserve and restore Kidney Yin.

Meals should consist largely of easily digested complex carbohydrates like grains and starchy root vegetables, roughly 40% of your diet. About 40% of the diet should be comprised of cooked vegetables. Proteins should comprise only 10 - 20% of the diet. The diet should also include plenty of fluids, especially in the form of soups, and avoid overly hot, spicy meals.

Below is a list of recommended foods. You should not limit your diet to only these foods. Instead follow the guidelines above of the optimum ratios of carbohydrates, vegetables and proteins, and add the recommended foods from the list below within your meals. Where ever possible choose ally grown foods.



Specific foods for Kidney Yin deficiency

wheat, oats, rice, millet, barley
eggs, dairy in moderate amounts, yogurt, tofu, tempeh, nuts & seeds, aduki beans, black beans, mung beans, black soy beans, kidney beans, black sesame seeds
pork, chicken, black boned chicken, duck, pigeon, eggs, organic bone marrow
spanish mackerel, sardines, oysters, mussels, clams, cuttlefish, squid, perch, seaweeds, eel, bird's nest soup
zucchini, squash, potatoes, sweet potatoes, melons, string beans, beets, button mushrooms, wood ear mushrooms
apples, banana, blueberries, black berries, peaches, mulberries, mango, coconut
olive oil, flaxseed oil, almond oil
kelp, spirulina



Foods to restrict or avoid

chilies, cinnamon, garlic, ginger, onions, shallots, leeks, basil, cloves, wasabi
coffee, vinegar, pickles, tea
lamb, shrimp, prawns, veal, game birds
citrus fruits
cigarettes, alcohol, recreational stimulants

References:

Clinical Handbook Of Internal Medicine, Vol. 2. MacLean & Lyttleton. University of Western Sydney: Australia. 2002.
Chinese Dietary Therapy. Liu, J. Churchill Livingston: Edinburgh. 1995.
The Healing Cuisine of China. Zhao & Ellis. Healing Arts Press: Vermont. 1998.

Disclaimer

This factsheet is not intended to diagnose or assess. The information provided is not to be considered a substitute for consultation with a qualified health care practitioner.